



# UCOOK

## Honeyed Baby Carrots & Beef Sirloin

with herb-crusted feta & a pearl barley salad

Tender beef sirloin is the star of this dish! It is complemented by nutty barley loaded with fresh cucumber, sprinkled with herb-crusted feta, and served with honeyed baby carrots & crunchy almonds.

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

**Chef:** Thea Richter

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Adventurous Foodie

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Doos Wine | Doos Dry Red 3L

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## Ingredients & Prep

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300ml	Pearled Barley <i>rinse</i>
20g	Mixed Herbs <i>(10g Fresh Mint &amp; 10g Fresh Dill)</i>
120g	Danish-style Feta <i>drain</i>
480g	Baby Carrots <i>rinse &amp; halve, keeping the stems intact</i>
60g	Almonds <i>roughly chop</i>
60ml	Honey
640g	Free-range Beef Sirloin
20ml	NOMU Beef Rub
400g	Cucumber <i>rinse &amp; roughly dice</i>
60ml	Balsamic Vinegar

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. BARLEY** Place the rinsed pearl barley in a pot with 1,4L of salted water. Bring to the boil. Once boiling, reduce the heat and simmer until al dente, 35-40 minutes (stirring occasionally). Drain and cover.

**2. PREP** Finely chop the mixed herbs and place  $\frac{3}{4}$  in a bowl. Add the feta to the bowl and toss until coated in the herbs. Set aside.

**3. CARROTS** Place a large pan (with a lid) over medium-high heat with a drizzle of oil. When hot, add the halved baby carrots and a splash of water. Cover with the lid and simmer until softened and the water has evaporated, 6-7 minutes.

**4. ALMONDS & HONEY** Once the carrots have softened, remove the lid and add a generous knob of butter to the pan. Fry until browned, 4-6 minutes (shifting occasionally). In the final minute, add  $\frac{1}{2}$  the chopped almonds. Remove from the heat and toss through the honey. Season and cover to keep warm.

**5. SIRLOIN** Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**6. SALAD** In a bowl, combine the cooked barley, the diced cucumber, the remaining almonds, the remaining herbs, the vinegar, seasoning, and a drizzle of olive oil.

**7. TIME TO DINE!** Plate up the barley salad and side with the sirloin slices, drizzled with any reserved pan juices. Serve with the honeyed carrots, drizzled with any remaining honey sauce. Sprinkle over the herb-crusted feta and any remaining herbs. There you have it, Chef!

## Nutritional Information

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Per 100g

Energy	705kJ
Energy	169kcal
Protein	9.8g
Carbs	17g
of which sugars	5g
Fibre	3.2g
Fat	4.7g
of which saturated	1.6g
Sodium	116mg

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## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Eat  
Within  
4 Days